

Pregnant Women and Smoking

Tobacco use is a leading preventable cause of death in the United States and Indiana, costing Hoosiers 11,100 lives each year.¹ Smoking impacts even the youngest Hoosiers, as smoking during pregnancy can harm the health of both mothers and their children.

Smoking During Pregnancy in Indiana and the United States

- In 2019, 11.8% of pregnant women in Indiana smoked during pregnancy.²
- Indiana's smoking during pregnancy rate has declined significantly from 18.5% in 2007.³
- Despite these declines, Indiana has consistently had a high smoking during pregnancy rate compared with the United States overall.
- Indiana's smoking during pregnancy rate is almost double the U.S. smoking during pregnancy rate (6.5%*).*⁴

Health Risks of Smoking during Pregnancy⁵

Smoking during pregnancy increases the risk of:

- Low birth weight
- Miscarriage
- Premature birth
- Problems with the placenta
- Ectopic pregnancy
- Sudden Infant Death Syndrome (SIDS)

Risks of Secondhand Smoke Exposure During and After Pregnancy

Exposure to secondhand smoke is harmful to both mothers and their babies. Babies whose mothers are exposed to secondhand smoke while pregnant are more likely to have lower birth weight, and exposure to secondhand smoke in infancy increases the risk of SIDS.⁶

Benefits of Quitting Smoking

- Pregnant smokers should know that it's never too late to quit smoking.
- Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting, but quitting entirely is the best thing a pregnant woman can do for herself and her baby.
- The benefits of quitting smoking can be seen immediately. After just one day of not smoking, the baby will get more oxygen. Women who quit also have more energy and breathe more easily.⁶
- Quitting smoking before or during pregnancy reduces the risk of many poor health outcomes such as premature birth and low birth weight.^{5,6}
- Staying quit reduces women's risk of diseases such as heart and lung disease, stroke, and cancer.⁶

Indiana Tobacco Quitline Services for Pregnant Women

The Indiana Tobacco Quitline (1-800-QUIT-NOW) offers free, evidence-based cessation treatment to help smokers quit and stay quit. Pregnant smokers who call the Quitline receive even greater level of behavioral support – 10 calls instead of four. The treatment plan is tailored to meet their needs, and for those who quit, the Quitline offers additional postpartum contact to prevent relapse.

Quick Facts:

In 2019, **11.8%** of pregnant women in Indiana smoked during pregnancy.²

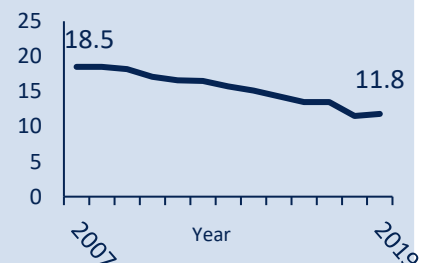
Indiana's smoking during pregnancy rate is almost double the national smoking during pregnancy rate (6.5%).⁴

There were over **9,500 babies** born to Hoosier mothers who smoked during pregnancy in 2019.²

Smoking during pregnancy cost Hoosiers an estimated **\$12.9 million** in 2019.^{2,7**}

Indiana's smoking during pregnancy rate has declined significantly from 18.5% in 2007 to 11.8% in 2019.^{2,3}

Percentage of live births to Indiana mothers who smoked during pregnancy, 2007-2019



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Percentage of live births to mothers who smoked during pregnancy, Indiana Counties, 2019²

County	%	County	%	County	%	County	%
Adams	6.6 (L)	Franklin	17.7	Lawrence	25.9 (H)	Rush	15.9
Allen	8.5 (L)	Fulton	20.7	Madison	19.0 (H)	Scott	26.4 (H)
Bartholomew	15.2	Gibson	11.8	Marion	8.4 (L)	Shelby	22.0 (H)
Benton	24.8 (H)	Grant	32.7 (H)	Marshall	12.7	Spencer	11.1
Blackford	30.4 (H)	Greene	20.9 (H)	Martin	21.8	St. Joseph	8.7 (L)
Boone	7.6 (L)	Hamilton	2.0 (L)	Miami	21.4 (H)	Starke	19.6 (H)
Brown	15.8 (U)	Hancock	7.9 (L)	Monroe	12.9	Steuben	19.5 (H)
Carroll	10.8	Harrison	14.0	Montgomery	16.4 (H)	Sullivan	15.8
Cass	14.1	Hendricks	5.8 (L)	Morgan	16.5	Switzerland	18.2 (U)
Clark	10.8	Henry	22.2	Newton	16.1	Tippecanoe	11.3
Clay	20.1 (H)	Howard	19.3 (H)	Noble	14.1	Tipton	11.2 (U)
Clinton	15.1	Huntington	18.3 (H)	Ohio	28.0 (U)	Union	20.2 (U)
Crawford	23.6	Jackson	18.8 (H)	Orange	25.2 (H)	Vanderburgh	13.0
Daviess	7.9	Jasper	15.7	Owen	19.0 (H)	Vermillion	23.6 (H)
Dearborn	16.5	Jay	17.5	Parke	11.4	Vigo	18.1 (H)
Decatur	23.7 (H)	Jefferson	24.2 (H)	Perry	23.3 (H)	Wabash	18.0
DeKalb	17.9 (H)	Jennings	29.3 (H)	Pike	18.8	Warren	9.3 (U)
Delaware	19.7	Johnson	10.4	Porter	9.0 (L)	Warrick	9.1
Dubois	10.7	Knox	20.7 (H)	Posey	13.2	Washington	13.6
Elkhart	9.0 (L)	Kosciusko	14.3	Pulaski	22.0 (H)	Wayne	17.7 (H)
Fayette	22.4 (H)	LaGrange	6.1 (L)	Putnam	18.8 (H)	Wells	19.1 (H)
Floyd	8.1	Lake	6.2 (L)	Randolph	22.6 (H)	White	15.4
Fountain	15.8	LaPorte	18.6 (H)	Ripley	16.8	Whitley	12.5

H=Significantly higher than the statewide rate, L=Significantly lower than the statewide rate, U=Unstable rate

The percentage of Indiana mothers who smoked during pregnancy has historically been considerably higher than the national average.⁴ Smoking during pregnancy rates in several Indiana counties, however, exceed statewide and national rates.

- In 2019, county rates ranged from 2.0% (Hamilton County) to 32.7% (Grant County).
- Of Indiana's 92 counties, 34 had a smoking during pregnancy rate significantly higher than the statewide rate.

References

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*The national smoking during pregnancy rate in 2018 is based on data from 48 states and the District of Columbia.

**The estimated cost of smoking during pregnancy is calculated by multiplying the number of births to women who smoked during pregnancy (9,543) by the excess cost during an infant's first year of life attributable to maternal smoking per smoking-affected birth (\$1,358) as reported by Miller et al. (2001).

Updated 12/03/2020